



Florida Chapter of the
American Academy of Pediatrics
INCORPORATED IN FLORIDA

REACH 4 HELP



RESOURCES & EDUCATION ADDRESSING CHILDHOOD HUNGER

Talk to your pediatrician today if you or someone you know is struggling with hunger and food insecurity. REACH 4 Help by scanning the QR Code below to learn about free healthy food and nutrition programs in your area.

- Find Food Now: Food pantries are located in all 67 Florida counties (All Ages)
- SNAP: Do I qualify? (All Ages)
- WIC: Do I qualify? (Up to Age 5; pregnant, breastfeeding, non-breastfeeding postpartum moms)
- School Meals: Do my children qualify? (Ages 18 and under)



 **FCAAP.ORG** | SCAN TO LEARN MORE

Florida Chapter of the American Academy of Pediatrics, Inc.

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FIND FOOD NOW

FLORIDA FOOD BANKS AND FOOD PANTRIES
AVAILABLE IN ALL 67 FLORIDA COUNTIES

Feeding Florida has food pantries in all 67 counties in communities year round every single day. Your local food pantry may also have someone that can also help you with your SNAP application. To find your local food bank search by county, address or zip code.

FIND A LOCAL FOOD PANTRY HERE

ADDITIONAL RESOURCES

- Text FOOD or COMIDA to 304-304 (No Kid Hungry)
- Call 211 to find agencies and community organizations that can assist you with finding food in an emergency
- Call the USDA National Hunger Hotline: Operates Monday through Friday 7AM–10PM EST. 866-3-HUNGRY (866-448-6479) English 877-8-HAMBRE (877-842-6273) Spanish

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SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

Supplemental Nutrition Assistance Program (SNAP) offers assistance for eligible low-income individuals and families. Assistance is provided on an EBT (Electronic Benefit Transfer) card and can be used to purchase food at participating outlets.

APPLY FOR BENEFITS HERE

- Learn More About SNAP Here: [LINK](#)
- Am I Eligible? [LINK](#)
- How to Apply Video: [LINK](#)
- Program Fact Sheet [LINK](#)

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WOMEN, INFANTS AND CHILDREN

WIC is a federally funded nutrition program for women who are pregnant or breastfeeding or who have recently been pregnant, infants & children under age 5. WIC provides the following at no cost: healthy foods, nutrition education and counseling, breastfeeding support, and referrals for health care and community services.

CHECK IF YOU ARE ELIGIBLE FOR BENEFITS HERE

To Apply for WIC you must make an appointment at a WIC local agency.

LEARN MORE

- All about WIC [LINK](#)
- What is WIC - Video [LINK](#)
- WIC Program Information & Resources [LINK](#)
- Find a WIC office near me [LINK](#)
- Contact the Florida WIC Program
800-342-3556
- WIC Facts [LINK](#)
- WIC FAQ's [LINK](#)

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SCHOOL MEALS

AGES 18 AND UNDER | AVAILABLE IN ALL 67 COUNTIES

Healthy Meals are important for learning, growing, and to thrive. The National School Lunch Program (NSLP) provides nutritious, well-balanced meals including lunch and breakfast to ensure your child is focused and full during the day. School meals are provided year round for children in grades K-12. Contact your local school district to see if your child is eligible.

SELECT YOUR SCHOOL DISTRICT HERE

Select your county school district above. Each county has information on free and reduced meal benefits, a phone number listed for questions and a DIRECT link to APPLY for benefits.

LEARN MORE ABOUT

- National School Lunch Program 
- Are school meals nutritious? 
- My Plate Guide to School Lunch 
- Summer Program (aka- Summer BreakSpot) 
- No Kid Hungry offers a FREE texting service to help find meals in your neighborhood. To access summer feeding information, text FOOD or COMIDA to 304-304

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CHILD CARE FOOD PROGRAM (CCFP)

The Child Care Food Program (CCFP) and two related programs, the Afterschool Meals Program and the Homeless Children Nutrition Program, provide nutritious meals and snacks to children through public and private partnerships with organizations committed to caring for children.

LEARN MORE ABOUT CCFP HERE

BELOW ARE PARTICIPANTS IN THE CHILD CARE FOOD PROGRAM:

- Child Care Center Sites [LINK](#)
- After School Program Sites [LINK](#)
- Homeless Children Nutrition Program Sites [LINK](#)
- Contact the Child Care Food Program: 850-245-4323

Learn more about the Florida Breastfeeding Coalition [LINK](#)

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